



Get aboard the metro and have fun walking from a station

Route Description

- Kyobashi Edogrand
 - ▼
 - Marugoto Kochi
 - ▼
 - Shoku no Kuni Fukuikan
 - ▼
 - Hiroshima Brand Shop TAU
 - ▼
 - Ginza Washita Shop Main Store
 - ▼
 - Ishikawa Hyakumangoku Monogatari Edo Honten
 - ▼
 - Ginza Kumamoto-kan
 - ▼
 - Hibiya Park
 - ▼
 - National Diet Building (Exterior view)
 - ▼
 - Kitanomaru Park
 - ▼
 - Nihonbashi area
 - ▼
 - Kyobashi Edogrand
- Point requiring attention

Warm-up
Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down
Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around 2 h 5 min.
Distance	around 8.3 km
Calorie consumption	around 375 kcal
Number of steps	around 11860 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



Recommended Site

Icons: Shrines and Temples Park Other

National Diet Building (Exterior view)



It was built in November 1936. The building was the highest building in Japan at the time, and its appearance covered with granite stone was appraised as a "White Palace".

Hibiya Park



The first modern Western-style park in Japan. There is an outdoor concert hall, Tokyo Metropolitan Hibiya Public Hall, Hibiya Library and Museum and other facilities in the park. Its symbol Giant Fountain shoots water up to a height of 12m.

Nihonbashi area



In Nihonbashi, the starting point of roads in Japan, there are many traditional stores that have been maintained through generations from the Edo period.